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Be fierce: stop harassment and take your power back, Gretchen Carlson (book review)

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provocative tactics used by those such as Richard Spencer, Mike Cernovich, and Milo Yiannopoulos. He devotes an entire chapter to its role in the 2016 election and the support of the “alt-lite”—right-wing populists who do not fully embrace extremist positions. Hawley speculates that increasing online censorship of “alt-right” views could diminish its effectiveness in U.S. politics but does not see the movement fading in the near future. **VERDICT** An important contribution to contemporary political discourse that sheds light on a disturbingly influential group in American politics.—**Thomas Karel, Franklin & Marshall Coll. Lib., Lancaster, PA**

PSYCHOLOGY

★ **Bargh, John. *Before You Know It: The Unconscious Reasons We Do What We Do*. Touchstone. Oct. 2017. 352p. notes. bibliog. index. ISBN 9781501101212. \$26; ebk. ISBN 9781501101236. PSYCH**

Bargh, a psychology professor and director of Yale University's ACME (Automaticity in Cognition, Motivation, and Evaluation) Laboratory explores the age-old mystery of the relationship between the conscious and unconscious. How much of what we say, feel, and do is actually under our control? Bargh draws on theories from behaviorism and cognitive psychology in the past, and references material ranging from Sigmund Freud to studies of Otzi (one of the world's oldest mummies who lived around 3200 BCE) and *Seinfeld*. He has spent his career analyzing the power of human unconsciousness. Although the work is girded with years of studies and research, humor and use of personal anecdotes keep the writing accessible. Readers will finish the final chapter (helpfully entitled “You Have Mind Control”) with new understanding of the authority of the unconscious but also armed with practical tips, based on that knowledge, to use free will to change themselves. **VERDICT** Readers of Angela Duckworth's *Grit: The Power of Passion and Perseverance* or Malcolm Gladwell's *Blink: The Power of Thinking Without Thinking* will definitely want to read this, as will anyone seriously interested in psychology and self-improvement. Highly recommended.—**Elizabeth Safford, Boxford Town Lib., MA**

Wicks, Robert J. *Night Call: Embracing Compassion and Hope in a Troubled World*. Oxford Univ. Oct. 2017. 280p. bibliog. index. ISBN 9780190669638. \$24.95. PSYCH

Psychologist Wicks (emeritus, Loyola Univ. Maryland; *Bounce: Living the Resilient Life; Perspective: The Calm Within the Storm*) adds another work for professionals who care for others with this explanation of lessons on

how to enjoy a more rewarding life. In his own search for ways to build a rewarding life, Wicks learned how professional helpers and healers can facilitate their care for others with self-care, maintaining a healthy perspective, expanding one's resiliency range, and self-renewal. His lessons are purposefully brief and not designed to be a quick fix. They require hard work, reflection, and perseverance in order to put the ideas into practice. They include appreciating respect and learning a sense of true presence, learning from failure, creating refreshing internal emotional space, and more. Wicks bases his ideas on insights revealed from the lives and writings of critical thinkers from various professions and his own clinical work. While this work borrows from Wicks's prior books on caring for caregivers, the addition of practical tools and techniques help form a solid foundation for enlivening the lofty principles of the work. **VERDICT** Highly recommended for all helping professionals and members of critical incident stress management teams. Essential for all libraries supporting helping professions curriculum.—**Dale Farris, Groves, TX**

SOCIAL SCIENCE

Carlson, Gretchen. *Be Fierce: Stop Harassment and Take Your Power Back*. Center Street. Oct. 2017. 256p. notes. ISBN 9781478992172. \$27; ebk. ISBN 9781478992158. SOC SCI

As an accomplished violinist, former Miss America, and Fox News commentator, Carlson is no stranger to the spotlight, but she faced one of the brightest and harshest lights when she filed a sexual harassment lawsuit against Fox News Chairman Roger Ailes in 2015. The results—a torrent of verbal abuse from critics and thousands of messages from women sharing their own experiences—spurred her into dedicated advocacy for fighting against sexual harassment, with *Be Fierce* as her latest effort. Part call to arms and part how-to manual, the book is slightly disorganized in its presentation, but fervent in its message. The amount of systemic abuse detailed in the narrative can pitch toward a gloomy outlook, since the stories of women who dared to speak out often involve unhelpful HR policies and arbitration clauses, hostile coworkers and media, and ruined careers for the harassed. However, Carlson's drive to dispel the myths around harassment and to offer guidance as to how speak out against it remains strong throughout. **VERDICT** The combination of advice and anecdote sometimes makes for an unsteady read, but Carlson's uncompromising passion on this issue is highly welcome.—**Kathleen McCallister, Tulane Univ., New Orleans**

Maron, Marc & Brendan McDonald. *Waiting for the Punch: Words To Live By from the WTF Podcast*. Flatiron: Macmillan. Oct. 2017. 416p. index. ISBN 9781250088888. \$27.99; ebk. ISBN 9781250088895. SOC SCI

Maron is a stand-up comic, actor, and author, but his excellence as host of the WTF with Marc Maron podcast has thrust him into the spotlight. In this collection, he shares the most revealing, heartfelt moments from that (R-rated) podcast, which has featured a long list of celebrities from many walks of life. Amy Poehler, Patton Oswalt, Terry Gross, Bruce Springsteen, Judd Apatow, and Lena Dunham are but a few of the many luminaries Maron has interviewed. Each chapter begins with a brief meditation on a single topic—“Growing Up,” “Sexuality,” “Relationships,” “Parenting,” etc.—and then divides further with the name of the podcast guest above their most raw anecdotes on that topic. Some interviewees are included several times within each chapter, so that their anecdotes build to a suspenseful, evocative climax; the punch provided by the last piece of the story. Shining through each one is Maron's ability to coax honest and gut-wrenching responses from his guests, whether it's Amy Schumer discussing her sexual experiences or Barack Obama explaining the evolution of his identity. **VERDICT** A must-read for Maron fans and anyone curious about his work.—**Paul Stenis, Pepperdine Univ. Lib., Malibu, CA**

Nasty Women: Feminism, Resistance, and Revolution in Trump's America. Picador. Oct. 2017. 256p. ed. by Samhita Mukhopadhyay & Kate Harding. ISBN 9781250155504. pap. \$16; ebk. ISBN 9781250155511. SOC SCI

This collection of essays edited by Mukhopadhyay (senior editorial director of culture & identities, Mic) and Harding (*Asking for It*) aims to present a diverse group of voices “writing at the intersection of feminism, identity, and personal experience” with a primary focus on the 2016 presidential election. Many pieces focus on the authors' personal reaction to the election results, with some describing their anger, fear, and heartbreak. The contributors, including Cheryl Strayed, Rebecca Solnit, Alicia Garza, and others represent a variety of groups who fear being marginalized under Donald Trump owing to discrimination based on their race, ethnic background, religion, sexual orientation, or gender nonconformity. Some essays analyze the reasons behind Hillary Clinton's loss of the presidency and the sexism that permeated the election, presenting historical context on the struggle for gender equality. There are also chapters on current women's issues: health care, reproductive

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